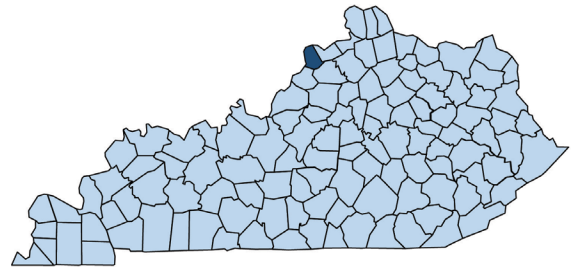


# REPORT TO THE PEOPLE



## Trimble County 2021



### DID YOU KNOW...

360 Grab N Go packets were picked up by Trimble County residents during 2021.



**Website:** <http://trimble.ca.uky.edu/>



**Facebook:** @Trimble County Cooperative Extension



**YouTube:** Trimble County Cooperative Extension

**For More Information, Please Contact us at:**

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## Family and Consumer Sciences

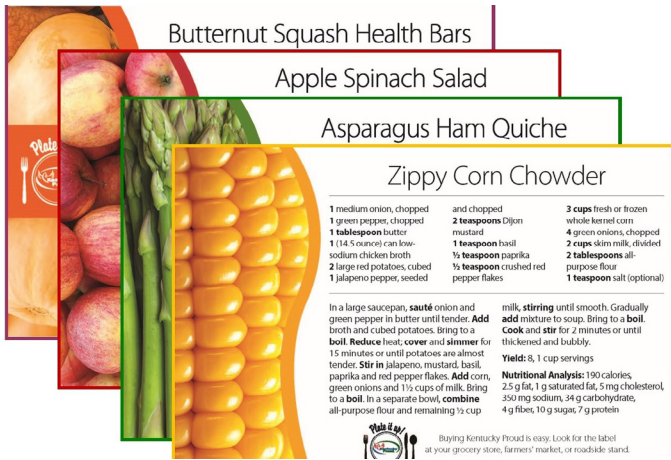


Plate it Up! Kentucky Proud recipe cards.

65

Number of individuals who reported eating more healthy foods

30

Number of program participants reporting adoption of physical activity practices

## Horticulture

Gardening became a positive pastime promoting nature, physical activity, food, stress relief and relaxation in the height of the COVID 19 pandemic. To address the spiked interest in gardening, the Trimble County Cooperative Extension Service developed a four-part Grab N Grow Garden Series. Over 80 participants received packets that included the topics: Spring/Fall, Pollinator, Summer/Container/Herb, Harvest & Preservation.

Each packet included educational publications, resources, seeds, plants, and an item to aid in the implementation of each topic. Participants reported an increase in their vegetable intake, used their fresh produce in cooking, and/or shared their produce with others. Participants also reported that being home meant more time to learn to garden, having access to fresh and better-quality food, spent more time with family, and a desire to be more self-reliant, and helped manage the stress of the pandemic.

Trimble County Cooperative Extension has offered a virtual online and paper mail recipe club for calendar year 2021 featuring Plate It Up! Kentucky Proud recipes to encourage the consumption of locally produced fruits and vegetables. The first mailing of the year included a 2021 Food and Nutrition Calendar to over 100 participants, with subsequent mailings including up to ten recipes monthly.

First quarter program survey results indicated that 73% have prepared at least one recipe that has been shared in the recipe club and 93% are more likely to buy a fruit or vegetable as a result of participating in the recipe club. In addition, 69% of those surveyed reported an increase in fruit and/or vegetable consumption.

Other behaviors also impacted by recipe club participation was learning a new technique or skill from preparing the recipes and tried a new ingredient in their cooking.



2021 Grab n' Grow Garden Series.

85

Number of people who used extension resources

53

Number of people who collected soil samples for testing

## 4-H Youth Development



4H Volunteer oversees Country Ham cleaning.

88

Number of youth who participated in overnight, 4-H summer camp

265

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

## Nutrition Education



Cook Wild Kentucky packet contents.

545

Number of Cook Wild Kentucky recipe cards distributed

48

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation and/or preservation of food

New to Trimble County for 2021 was the 4-H Country Ham Project. Through this project youth learn about food preservation and the time-honored tradition and history of curing country hams. There is also a communications component to the project as youth participants must write and present a speech on the process of curing a country ham.

Three Trimble county youth and three adults participated in the inaugural program, beginning in January with preparing the hams, cleaning sessions, and re-socking the hams through August. They joined with over 600 statewide 4-H members to present their hams and speeches at the Kentucky State Fair Country Ham Day this past August.

A couple of comments from the participants included, “this was really fun,” and “this was not nearly as hard to do as I expected.” All three have expressed interest in participating again next year.

Prior to the Pandemic, Trimble County Extension Service offered an annual fall program entitled, *Hunt Your Food*. Using the University of Kentucky Nutrition Education Program Cook Wild Kentucky recipe cards, the in-person program was converted to a Grab N Go offering.

Twenty-five Grab N Go packs were prepared, with all 17 Cook Wild Kentucky recipe cards. The recipe cards include everything from venison chili to rabbit jambalaya. UK Publications on preserving wild game, canning and drying meats, cutting boards, meat thermometers, aprons, potholders, hunter orange hats and hand warmers were all included in the packs as well.

The packs were made available just before the start of hunting season, on a first come, first serve basis. The Grab N Go packs were all gone by noon of the first day.

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



**Website:** [extension.ca.uky.edu](http://extension.ca.uky.edu)



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*... just a few ways Extension supports Kentucky*

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

## COOPERATIVE EXTENSION



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